



Suicide Warning *Signs* in Teens

The risk of suicide is present in all age groups, but teens tend to be more vulnerable because their brains are still in development. Plus, they sometimes lack the perspective that things will get better. It is important to raise awareness of warning signs in teens for parents and loved ones.

There are two relevant factors for suicidal risk in teens. The first factor is the presence of mental health conditions like depression, bipolar disorder, and/or borderline personality disorder. Suicide risk can also be present after the occurrence of a stressful unexpected experience.

Some warning signs of suicidal risk in teens are:

- Feeling hopeless or without a purpose
- Feeling like a burden to others
- Having trouble sleeping
- Isolating themselves
- Talking about ways of committing suicide
- Mood swings
- Giving away belongings
- Abusing alcohol or drugs
- Feeling trapped

If you recognize these signs, take action. To learn how to help someone get immediate care call the EAP.

Some parents may feel that their teen is just acting out or seeking attention when they talk about suicide and that they are not genuinely suicidal. But talking about suicide can also be a warning sign.

Some common stressful unexpected experiences might include:

- a significant loss (death of a loved one, death of a pet, or divorce)
- unprecedented circumstance (like COVID-19)
- a breakup, an accident or injury, bullying or cyberbullying
- anniversary of a suicide of a loved one or death of a loved one
- home violence
- a chronic illness
- academic failure

If you or someone you know is struggling with thoughts of harming themselves, call your EAP today and speak with a counselor. We can guide you on how to take action while offering comfort and providing support.

If you are in immediate danger, call 911 or 988 - the National Suicide Prevention Lifeline - (800-273-8255 or TTY: 800-799-4889)